

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 01050, Cream, fluid, light (coffee cream or table cream)

Report Date: December 09, 2015 18:59 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	74.51	--	0.179	74.24	74.85	2.0	73.743	75.283	1	Analytical or derived from analytical	--	01/2015
Energy	kcal	191	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Energy	kJ	801	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Protein ¹	g	2.96	--	0.129	2.74	3.19	2.0	2.399	3.513	1	Analytical or derived from analytical	--	01/2015
Total lipid (fat) ¹	g	19.10	--	--	18.82	19.39	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
Ash ¹	g	0.61	--	0.012	0.59	0.63	2.0	0.56	0.66	1	Analytical or derived from analytical	--	01/2015
Carbohydrate, by difference	g	2.82	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total ¹	g	3.67	--	0.022	3.64	3.71	2.0	3.573	3.761	1	Analytical or derived from analytical	--	01/2015
Sucrose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fructose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Lactose ¹	g	3.67	--	0.022	3.64	3.71	2.0	3.573	3.761	1	Analytical or derived from analytical	--	01/2015
Maltose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Galactose ¹	g	0.00	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Minerals													
Calcium, Ca ¹	mg	91	--	1.186	89	93	2.0	85.928	96.138	1	Analytical or derived from analytical	--	01/2015
Iron, Fe ¹	mg	0.05	--	0.011	0.04	0.07	2.0	0.001	0.095	1	Analytical or derived from analytical	--	01/2015
Magnesium, Mg ¹	mg	9	--	0.515	9	10	2.0	7.156	11.591	1	Analytical or derived from analytical	--	11/1976
Phosphorus, P ¹	mg	92	--	5.172	85	102	2.0	69.613	114.121	1	Analytical or derived from analytical	--	01/2015
Potassium, K ¹	mg	136	--	17.836	118	172	2.0	59.593	213.074	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na ¹	mg	72	--	4.957	66	82	2.0	50.371	93.029	1	Analytical or derived from analytical	--	01/2015
Zinc, Zn ¹	mg	0.32	--	0.012	0.31	0.34	2.0	0.267	0.369	1	Analytical or derived from analytical	--	01/2015
Copper, Cu ¹	mg	0.012	--	0.003	0.01	0.02	2.0	-0.001	0.025	1	Analytical or derived from analytical	--	01/2015
Manganese, Mn ¹	mg	0.005	--	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Selenium, Se ¹	µg	4.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Fluoride, F ²	µg	3.0	--	--	3	3	--	--	--	1	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin ¹	mg	0.023	--	0.003	0.02	0.03	2.0	0.009	0.038	1	Analytical or derived from analytical	--	01/2015
Riboflavin ¹	mg	0.190	--	0.006	0.18	0.2	2.0	0.165	0.215	1	Analytical or derived from analytical	--	01/2015
Niacin ¹	mg	0.090	--	0.000	0.09	0.09	--	--	--	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid ¹	mg	0.440	--	0.006	0.43	0.45	2.0	0.415	0.465	1	Analytical or derived from analytical	--	01/2015
Vitamin B-6 ¹	mg	0.044	--	0.001	0.04	0.05	2.0	0.038	0.049	1	Analytical or derived from analytical	--	01/2015
Folate, total	µg	2	--	0.116	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	2	--	0.116	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2009
Folate, DFE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Choline, total	mg	16.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin B-12 ¹	µg	0.14	--	0.017	0.11	0.17	2.0	0.065	0.215	1	Analytical or derived from analytical	--	01/2015
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	181	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Retinol	µg	178	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Carotene, beta	µg	37	--	--	--	--	--	--	--	--	Calculated or imputed	01001	12/2002
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	656	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol) ¹	mg	0.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Tocopherol, gamma ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Tocopherol, delta ¹	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D (D2 + D3)	µg	1.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D2 (ergocalciferol) ¹	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D3 (cholecalciferol) ¹	µg	1.1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin D ¹	IU	44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Vitamin K (phylloquinone)	µg	1.7	--	--	--	--	--	--	--	--	Calculated or imputed	01001	12/2002

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	10.176	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
4:0 ¹	g	0.388	--	--	0.36	0.41	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
6:0 ¹	g	0.314	--	--	0.3	0.33	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
8:0 ¹	g	0.194	--	--	0.18	0.21	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
10:0 ¹	g	0.456	--	--	0.43	0.48	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
12:0 ¹	g	0.526	--	--	0.5	0.55	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
14:0 ¹	g	1.682	--	--	1.61	1.76	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
15:0 ¹	g	0.174	--	--	0.17	0.18	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
16:0 ¹	g	4.585	--	--	4.53	4.64	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
17:0 ¹	g	0.103	--	--	0.1	0.11	1.0	--	--	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 ¹	g	1.719	--	--	1.62	1.82	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
20:0 ¹	g	0.023	--	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
22:0 ¹	g	0.007	--	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	01/2015
24:0 ¹	g	0.004	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fatty acids, total monounsaturated	g	4.525	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
14:1 ¹	g	0.175	--	--	0.17	0.18	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
15:1 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
16:1 undifferentiated ¹	g	0.334	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
16:1 c ¹	g	0.280	--	--	0.27	0.29	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
16:1 t ¹	g	0.054	--	--	0.05	0.06	1.0	--	--	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 ¹	g	0.032	--	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
18:1 undifferentiated ¹	g	3.952	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
18:1 c ¹	g	3.509	--	--	3.33	3.69	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
18:1 t ¹	g	0.443	--	--	0.4	0.49	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
20:1 ¹	g	0.030	--	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
22:1 undifferentiated ¹	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
22:1 c ¹	g	0.002	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
22:1 t ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
24:1 c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
Fatty acids, total polyunsaturated	g	0.789	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated ¹	g	0.654	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
18:2 n-6 c,c ¹	g	0.433	--	--	0.38	0.48	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
18:2 CLAs ¹	g	0.095	--	--	0.09	0.1	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
18:2 t not further defined ¹	g	0.126	--	--	0.12	0.13	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
18:3 undifferentiated ¹	g	0.064	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
18:3 n-3 c,c,c (ALA) ¹	g	0.062	--	--	0.06	0.06	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
18:3 n-6 c,c,c ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
18:3i ¹	g	0.002	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
18:4 ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c ¹	g	0.004	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ¹	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
20:3 n-6 ¹	g	0.018	--	--	0.02	0.02	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
20:4 undifferentiated ¹	g	0.027	--	--	0.03	0.03	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
20:5 n-3 (EPA) ¹	g	0.005	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2015
22:4 ¹	g	0.004	--	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
22:5 n-3 (DPA) ¹	g	0.010	--	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	01/2015
22:6 n-3 (DHA) ¹	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.625	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Fatty acids, total trans-monoenoic	g	0.497	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2015
Cholesterol ¹	mg	59	--	0.188	59	60	2.0	58.353	59.972	1	Analytical or derived from analytical	--	01/2015
Amino Acids													
Tryptophan ³	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine ³	g	0.131	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Isoleucine ³	g	0.151	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Leucine ³	g	0.243	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Lysine ³	g	0.129	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Methionine ³	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Cystine ³	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Phenylalanine ³	g	0.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Tyrosine ³	g	0.139	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Valine ³	g	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Arginine ³	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine ³	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Alanine ³	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Aspartic acid ³	g	0.218	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Glutamic acid ³	g	0.594	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Glycine ³	g	0.069	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Proline ³	g	0.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Serine ³	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

Sources of Data¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18b, 2014 Beltsville MD²Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD